

FIG. 1

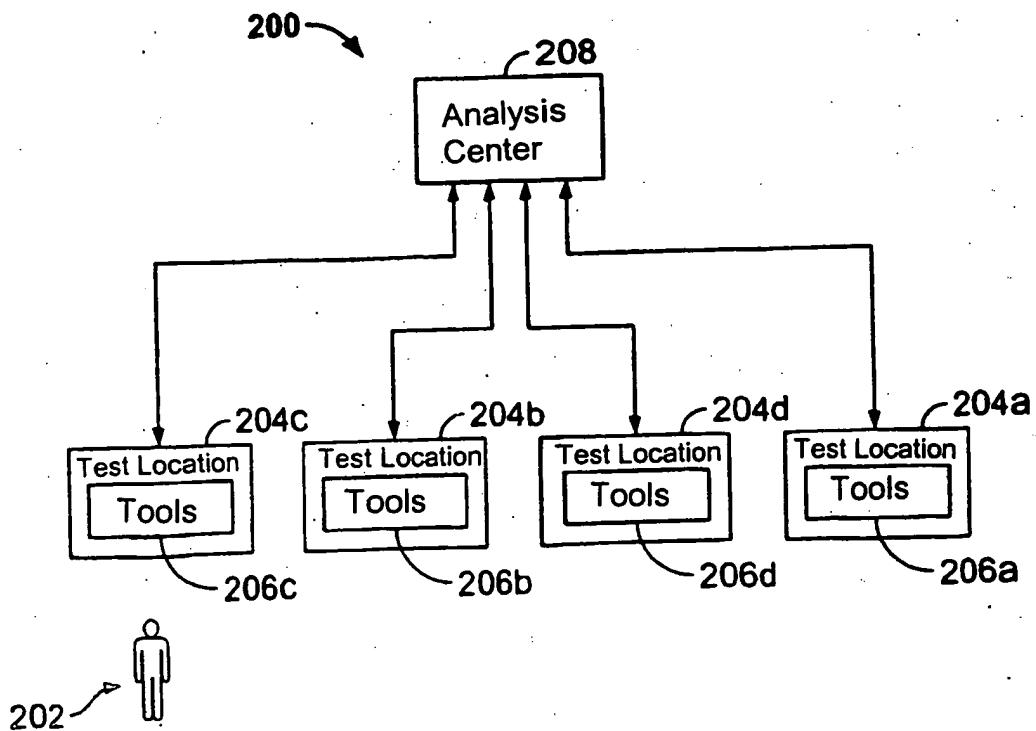


FIG. 2

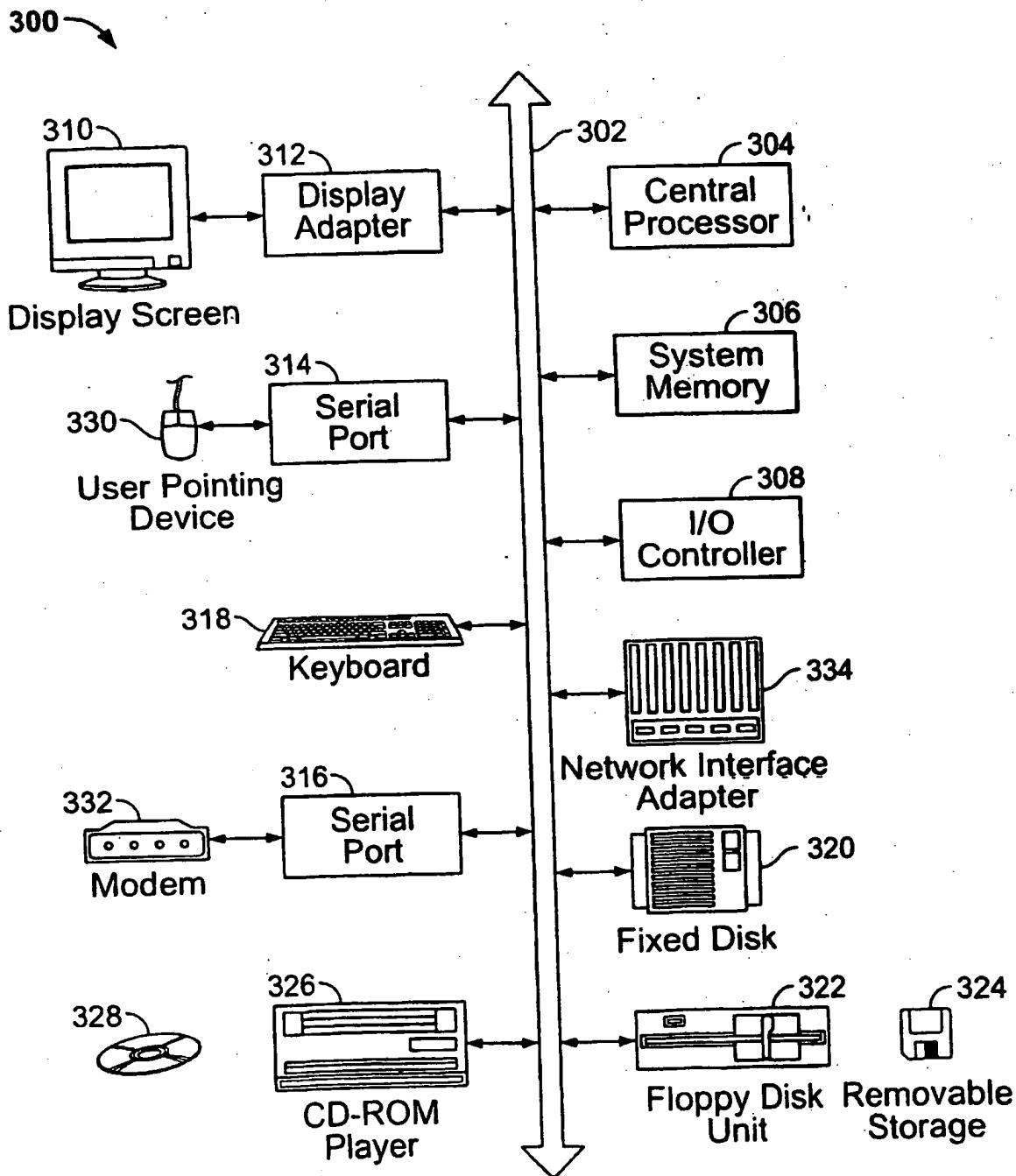


FIG. 3

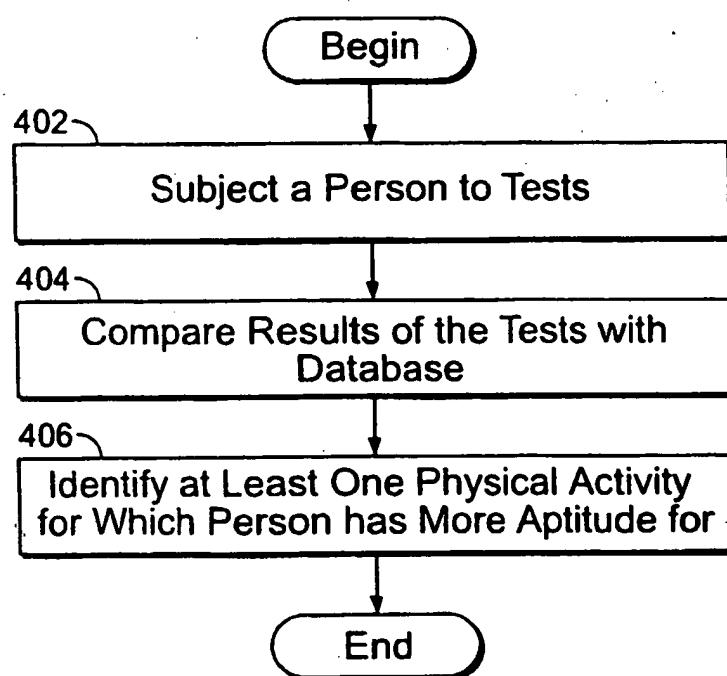


FIG. 4

Test	Label	Min	Max	Sprinter		Distance Runner		Weight Lifter		Basketball Center		10 Year Old Boy	
				Raw	Scaled	Raw	Scaled	Raw	Scaled	Raw	Scaled	Raw	Scaled
RHR	A	20	100	65	44%	30	88%	75	31%	65	44%	68	40%
Height, to 1/4 Inch	B	3.00	8.00	5.92	58%	5.33	47%	5.67	53%	7	80%	7	33%
Weight, to 1/4 lb.	C	40	300	180	54%	130	35%	190	58%	275	90%	100	23%
Concentration Test	D	0	100	20	20%	45	45%	20	20%	55	55%	13	13%
Wobble board, average	E	0	40	9	78%	18	45%	7.5	81%	14	65%	16	60%
Hand Speed/coord, to 1/4 Inch	F	0	36	5	86%	15	42%	8	78%	3	92%	9	75%
Grip strength, kg	G	1	100	55	55%	20	19%	90	90%	65	65%	24	23%
Standing Height, to 1/2 Inch	H	4.50	10.00	7.3	50%	6.8	41%	7.0	45%	9.8	95%	5.8	24%
Vertical Jump, to 1/2 Inch	I	4.50	13.00	10.08	66%	7.75	38%	9.92	64%	11.83	86%	7.17	31%
Standing long jump, to 1/2 Inch	J	3.00	15.00	11.00	67%	6.25	19%	10.25	60%	7.68	38%	6.33	28%
Sit and reach, to 1/4 Inch	K	4.00	20.00	14.75	67%	7.00	19%	12.00	59%	10.00	38%	11.00	44%
Foot speed/coord, to 0.01 s	L	2	8	3.50	75%	5.50	42%	4.00	61%	4.50	58%	4.80	57%
Pull-Ups	M	0	40	20	50%	1	3%	30	75%	13	33%	14	35%
Abdominal strength, stages completed	N	0	7	4	57%	3	43%	5	71%	4	57%	3	43%
25 Meter Sprint, to 0.1s	O	2	5	2.8	73%	3.9	37%	3.3	51%	3.6	41%	4.2	27%
One Turn Agility Run, seconds	P	2	5	2.5	83%	2.9	70%	2.6	89%	2.4	87%	3.7	43%
Skinfolds, in mm, avg	Q	1	30	14	45%	9	28%	12	38%	16	52%	10	31%
triceps	R	1	30	10	31%	7	21%	9	28%	12	38%	7	21%
subscapular	S	1	30	12	38%	8	24%	10	31%	15	48%	9	28%
suprailium	T	1	30	12	38%	6	24%	10	31%	15	48%	8	24%
call													
Body composition, in mm, avg	U	1	30	4	10%	3	7%	4	10%	6	17%	9	28%
chest	V	1	30	13	41%	9	28%	12	38%	17	55%	10	31%
abdomen	W	1	30	12	38%	9	28%	11	34%	16	59%	7	21%
thigh													
Bone Diameters, in cm, avg	X	4	15	6.8	25%	5.4	13%	7.0	27%	8.1	37%	5.7	15%
humerous breath	Y	6	20	11.0	36%	10.0	29%	11.5	39%	14.2	59%	8.5	18%
knee breath	Z	30	100	45.0	21%	40.0	14%	46.5	29%	49.0	27%	32.0	3%
tibia/calf breath	AA	20	80	35.0	25%	33.0	22%	38.0	30%	45.0	42%	28.0	13%
Muscle Girth, in cm, avg	BB	14	50	43	81%	33	53%	46	89%	48	94%	20	17%
flexed biceps	CC	20	60	38	45%	28	20%	41	53%	39	48%	27	18%
calf													
Limb Lengths, in cm, avg	DD	10	25	19	60%	18	40%	21	73%	24	83%	15	33%
hand length	EE	30	66	71	62%	62	48%	64	52%	66	65%	54	35%
arm span	FF	18	48	37	63%	32	47%	45	80%	30	40%		
leg length	GG	16	48	34	53%	30	40%	36	60%	39	70%	28	27%
seated height	HH	0	150	87	58%	133	89%	72	49%	98	65%	67	45%
Cardiorespiratory Endurance, levels+shuttle													
6 • level + shuttle													

FIG. 5

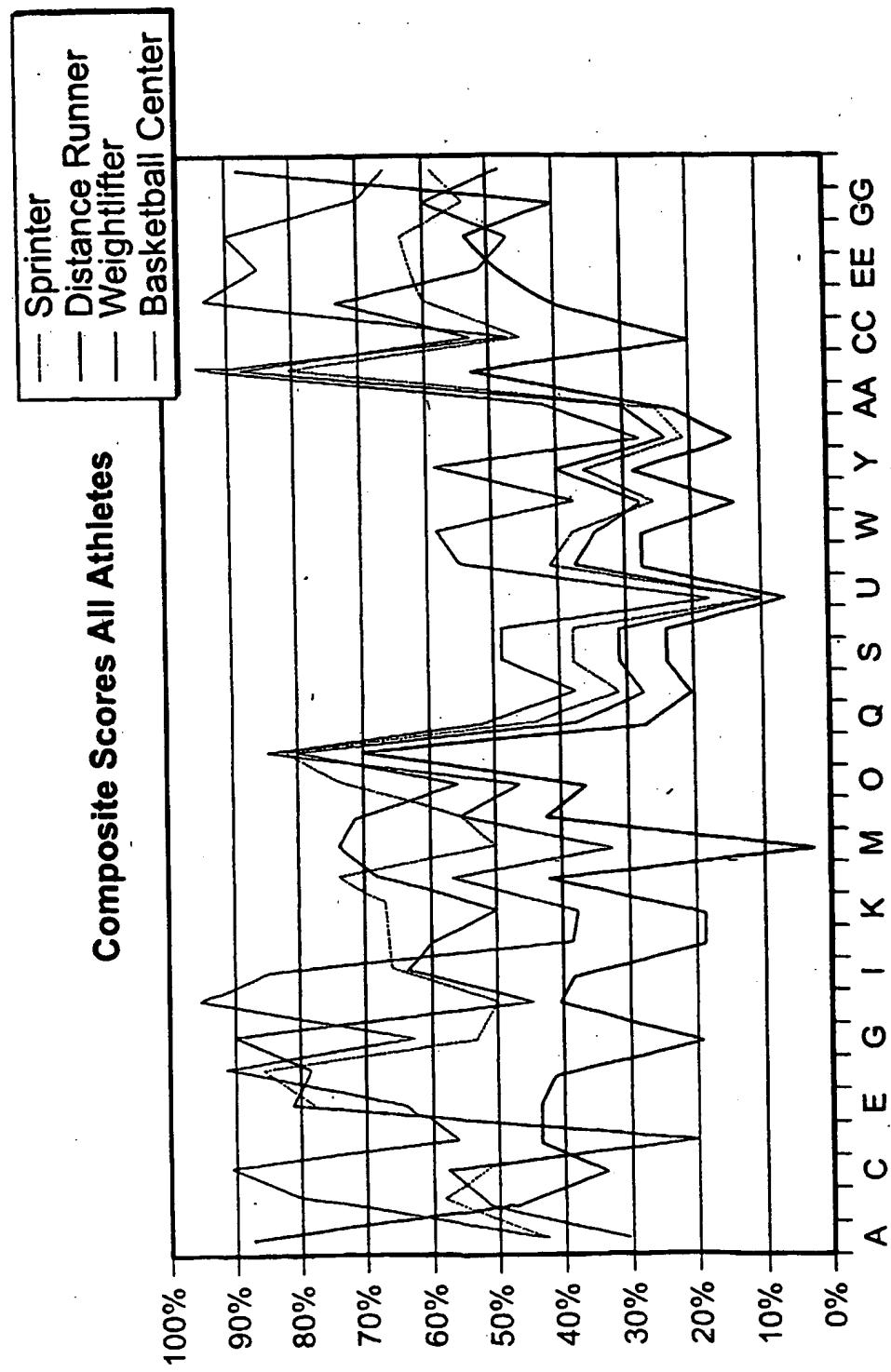


FIG. 6

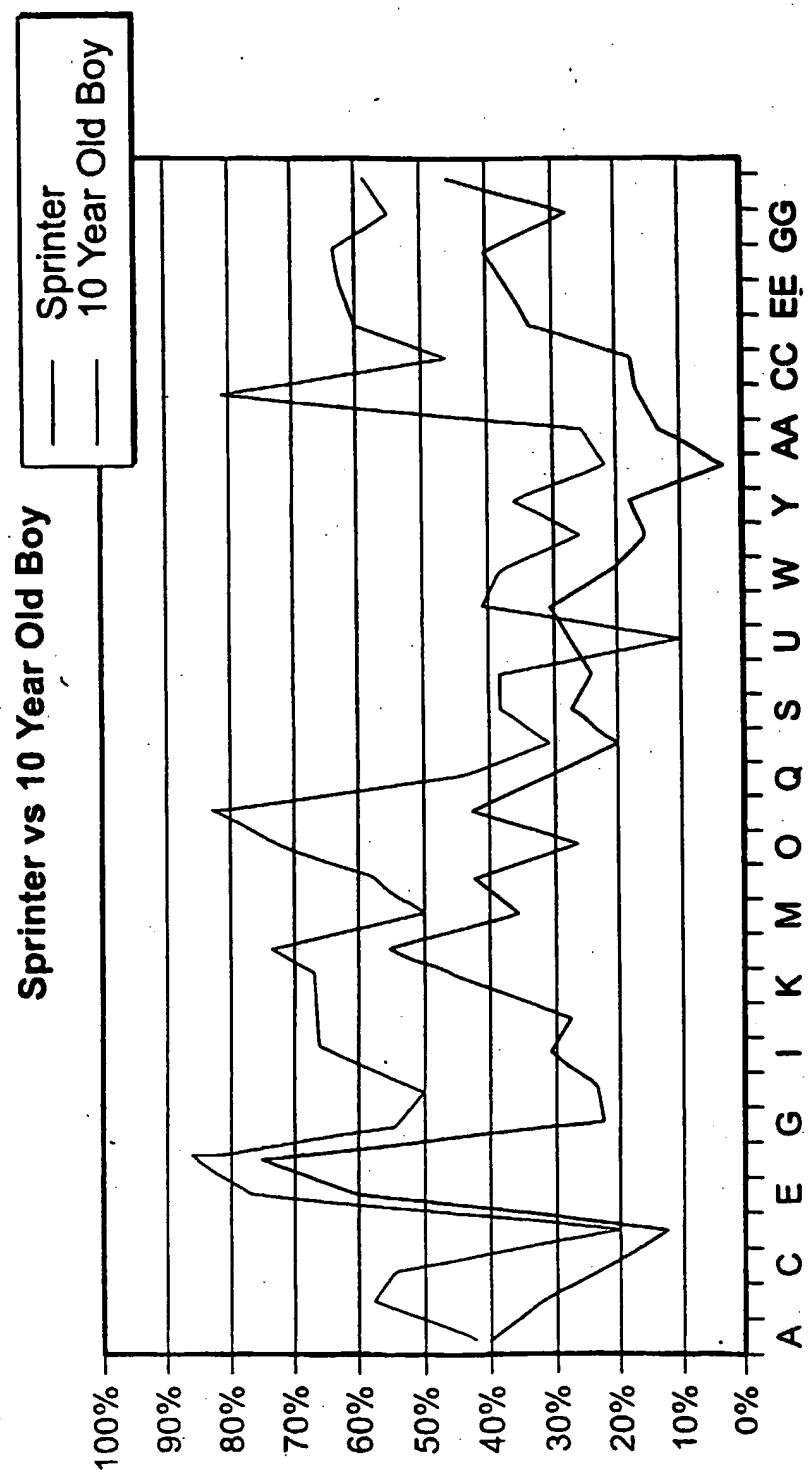


FIG. 7